

## Postpartum PT Exercise Session Form

EL: \_\_\_\_\_ Date: \_\_\_\_\_  
 Pregnant: \_\_\_\_\_ Postpartum:  X  Pregnant & Postpartum: \_\_\_\_\_

Focus of the day: Emphasis on core strengthening and a varied cardiovascular workout

\* take pulse or rate of perceived exertion

Format #1: _____	Format #2: _____	Format #3: <u> X </u>
·Centering	·Centering	·Centering
·Strength	·Strength	·Strength
·Flexibility	·Cardiovascular	·Individual Exercises
·Individual Exercises	·Flexibility	·Cardiovascular
·Relaxation	·Individual Exercises	·Flexibility
·Cardiovascular	·Relaxation	·Relaxation
·Centering	·Centering	·Centering

### SESSION PLAN:

COMPONENT	TIME	ACTIVITY	DETAILS
Accountability	3 minutes	Check attendance	Remind to work at own pace
Centering	2 minutes	Stand neutral position; Mental focus; Balance by rocking; Deep breathing with hiss/compress	Rock forward/back then side to side - Reach arms overhead and inhale, lower arms and exhale with hiss –repeat 3X
Strength	10 minutes	<b><i>Choose core strengthening routine from the following sets</i></b>	See routine
Individual Exercises	3 minutes	Soldier choice	3 sets of 12 reps
Cardiovascular	30 minutes	Warm-up (march, dynamic stretching)* Cardio – vary each weekday – walk/jog/run; pool PT; aerobics; interval or speed work Cool down (walk)	6 minutes  20 minutes  4 minutes
Flexibility	5 minutes	Standing stretches, (full body stretches) *	3X each holding 20 seconds Pulse at 100 before go to floor
Relaxation	5 minutes	Progressive muscular relaxation; Focus on something you are thankful for	Talk Soldiers through muscle relaxation Make announcements
Centering	2 minutes	Stand neutral position; Mental focus; Balance by rocking; Deep breathing with hiss/compress	Rock forward/ back then side to side - Reach arms overhead and inhale, lower arms and exhale with hiss –repeat 3X

## **Core Strengthening Routines (equipment required)**

When Soldiers first start back to PPPT and especially after a c-section when the abs are the weakest, have them try the exercises on the ground first, so they can learn the movement then progress to the equipment.

### **1) Floor Exercises & Calisthenics (floor mat)**

Perform 8-12 of each exercise in a circuit – do 3 sets OR perform 3 sets, 8-12 reps of each exercise for one circuit

Curl-ups	Upper Back extensions
Curl-downs	Prone row
Sit-ups hand across chest	Oblique sit-ups
Rower	Bent leg body twist

### **2) Bosu Ball (half balance ball, floor mat)**

Lay with your back on the Bosu, with lower back low on the Bosu, perform:

Crunches low on Bosu (8-12 reps)

Crunches low on Bosu with leg out, right then left (8-12 reps)

Lay with your back on the Bosu, with lower back high on the Bosu, perform:

Crunches high on Bosu (8-12 reps)

Crunches high on Bosu with leg out, right then left (8-12 reps)

Oblique curl-up with back low on Bosu (4 count, 8 single count, 4 count hold)

Lay on your side over Bosu with elbow and forearm on the floor, perform:

Oblique curl-up lying on your side on Bosu (4 count, 8 single count, 4 count hold)

Side-crunch (4 count, 8 single count, 4 count hold)

Side-crunch with leg lift (4 count, 8 single count, 4 count hold)

Balance on top of Bosu - Bicycle on top (8 count)

Balance on top on knees, stand up, come back to knees, stand up (repeat 10X)

Stand on top of ball, lift arm up, put down, move right arm to side then in, repeat on left side

Stand on top of ball, lift right knee and straighten leg then push out behind you, repeat with left leg - repeat each side 4X

Parachute balance on top of Bosu, arms and legs out at diagonal with knees and elbows bent – hold for 8 count, then straighten arms and legs and hold for 8 count, then relax over Bosu with knees and arms on the floor – repeat 4X

Perform 3 sets of push-ups on the Bosu either on knees or toes: perform 8-12 each set

- with elbows close to the body; with elbows out from the body; with hands to the side

### **3) Step (2 risers on one end and 1 riser on the other, floor mat)**

Lay on step lengthwise

Lay on back, do crunches with back low on step (8-12 reps)

Lay on back, do crunches with back low on step with leg out, right then left (8-12 reps)

Lay on back, do crunches with back high on step (8-12 reps)

Lay on back, do crunches with back high on step with leg out, right then left (8-12 reps)

Lay on side on the step, do side crunch (4 count, 8 single count, 4 count hold)

Lay on side on the step, do side crunch with leg lift (4 count, 8 single count, 4 count hold)

Lay on back on step, do oblique curl-up with back low on step (4 count, 8 single count, 4 count hold)

Lay on back on step, do oblique curl-up lying on your side on the step (4 count, 8 single count, 4 count hold)

Bicycle on top of step (8 count)

Level step, stand on top of step, lift right knee and straighten leg then push out behind you, repeat with left leg - repeat each side 4X

Keep step level, do push-ups on the step either on knees or toes – perform 8-12 each set  
- with elbows close to the body; with elbows out from the body; with hands to the side

#### **4) Balance Ball (large blown-up ball)**

Lay on back on the ball, do crunches low on Ball (8-12 reps)

Lay on back on ball, do crunches high on Ball (8-12 reps)

Lay on side on ball, do side sit-up (4 slow count – 4X, 8 single count, 4 count hold-4X)

Lay on side of ball, do side-crunch with leg lift (4 count, 8 single count, 4 count hold)

Lay on back on ball, do oblique curl-up (4 slow count- 4X, 8 single count, 4 count hold – 4X)  
– be sure move shoulder toward opposite knee, not just the elbow

Lay on back on ball - Bicycle on top (8 count)

Lay on stomach on ball with feet touching the floor – lift head and shoulders up – repeat 8X

Lay on stomach on ball, roll forward with hands touching floor in front leaning rest position and feet balancing on ball – hold body parallel to floor for 8 count

Lay on stomach on ball, roll forward with hands touching floor in front leaning rest position and feet balancing on ball – move right leg out to diagonal and back to ball, move left leg out to diagonal and back to ball – repeat 8X

Lay on stomach on ball, roll forward with hands touching floor in front leaning rest position and feet balancing on ball – pull knees in to chest, then push legs out straight – repeat 8X

#### **5) Resistance Band (elastic band or tubing, floor mat)**

Stand with feet hip-width apart – lift right leg, extend it behind you, lean forward – hold 8 count; repeat with left leg – repeat 4X

Use band for resistance for the following: Perform 3 sets, 8-12 reps of each exercise

Bent over row (elbows close to body)

Horizontal arm extension

Bent over traps, pull up with one arm – straight up and cross-over

Side bend

Curl down/ Curl-up

#### **6) Sliders (circles that glide over the floor, floor mat)**

Push-ups – 8 on wall, 8 on knees, 8 on toes – work up to all on toes

Plank – hold position 8 count

Plank – lift right leg and hold position 8 count, repeat with left leg lifted

Move right leg out to side, then back in – repeat 8X

Move left leg out to the side, then back in – repeat 8X

Plank – hold position for 8 count

Plank – lift right leg and hold position 8 count, repeat with left leg lifted

Pull right knee in then push leg out, repeat 8X

Pull left knee in then push leg out, repeat 8X

Plank – hold position for 8 count

Plank – lift right leg and hold position 8 count, repeat with left leg lifted

Move right hand/arm out to the side, then back in – repeat 8X

Move left hand/arm out to the side, then back in – repeat 8X

Plank – hold position for 8 count